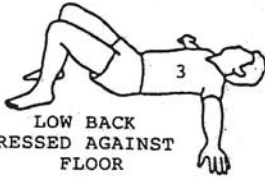
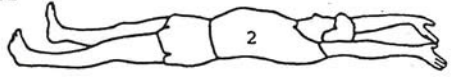
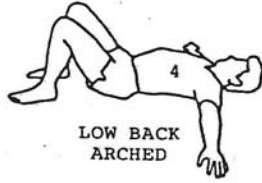


SEQUENCE OF POSTURES  
TAPE #1



LOW BACK  
PRESSED AGAINST  
FLOOR



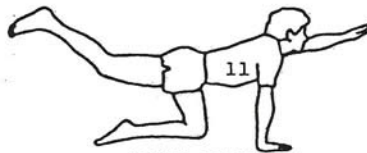
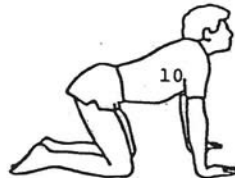
LOW BACK  
ARCHED



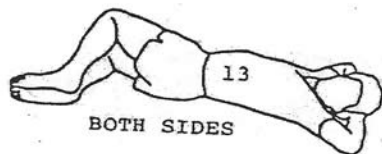
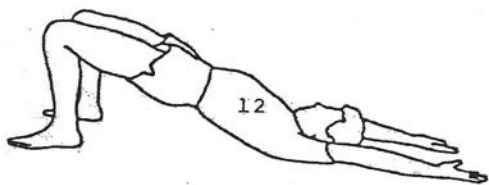
BOTH SIDES



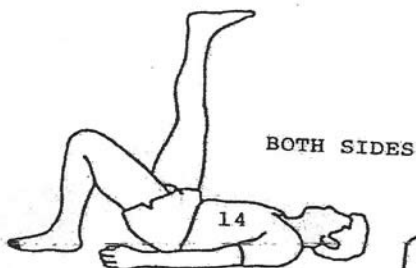
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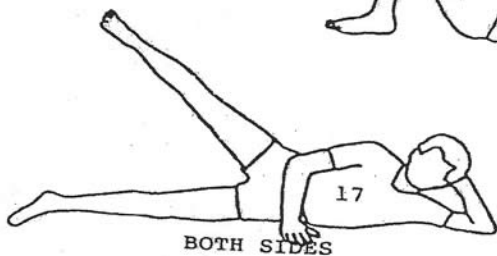
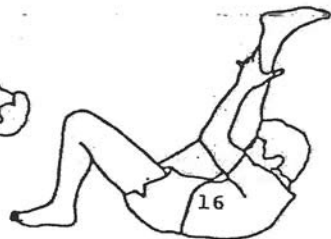
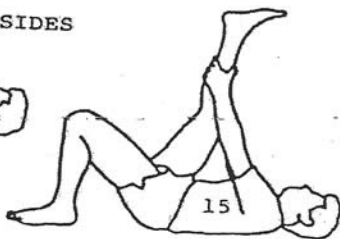
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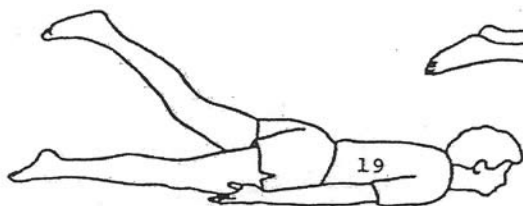
BOTH SIDES



BOTH SIDES



BOTH SIDES



BOTH SIDES

